



# GRIT ADVENTURE RACING

New River Rush



## 2026 Racer Guide

May 16, 2026

15 Hour Adventure Race  
New River Gorge National Park

# Highlights

**Explore America's Newest National Park!**

**World Class Guided Whitewater Rafting!**

**Rappel on Real Cliffs with Pro-Guides!**

**Fun Single Track MTB!**

**Electronic Scoring & GPS Tracking!**

**Post-Race Party at Lost Paddle Bar & Grill**

**USARA Series Points!**

**ACE Adventure Resort: Lodging, Food,  
and activities for the whole family!**

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# GRIT ADVENTURE RACING

New River Rush



# Race Description

The New River Rush is perfectly suited for those who want high adventure on a ruggedly beautiful course.

Racers will explore the New River Gorge National Park through world-class guided whitewater rafting, single-track mountain biking, and on foot through the gorge, woods, around cliff bands, and even see remnants of the old mining days.

The race is hosted at ACE Adventure Resort, which offers quality lodging, food at the Lost Paddle Bar & Grill, and plenty of activities for the whole family. This one-stop shop makes the logistics easy on-site!

New to AR? We offer a 2-hour clinic on the evening before the race to cover everything you need to know to conquer race day!

Get ready to explore America's Newest National Park!

# NEW RIVER RUSH

Friday:

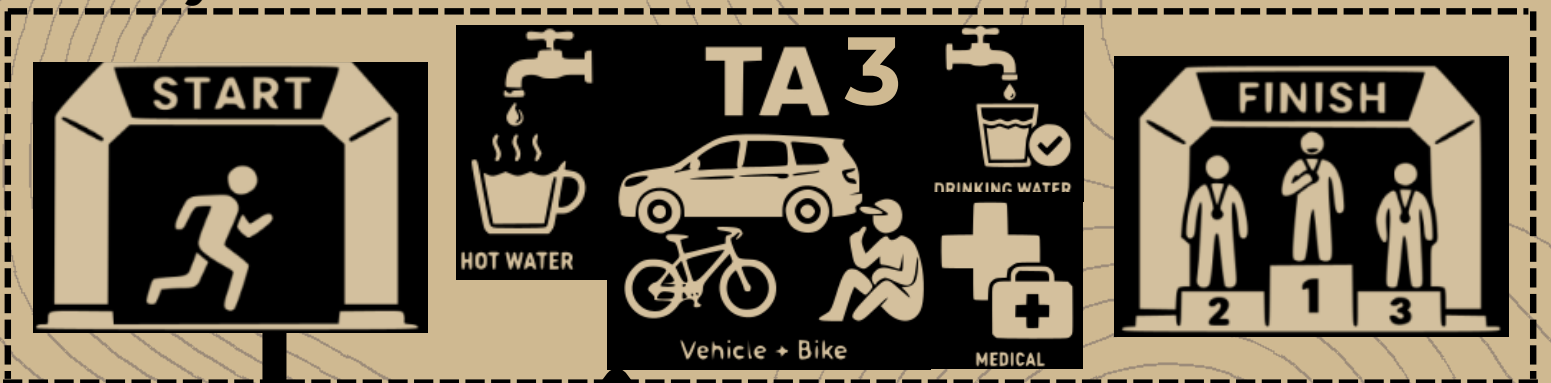


Cliffside Rappel Clinic



PACKET PICK-UP

Saturday:



Leg 1

1 Hour Trek  
3 Hour Paddle



Leg 3

4-5 hour MTB



Leg 4

Trek O-Course  
3 Hour Fastest Time



FOOD FOR PURCHASE



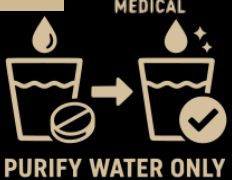
TA + Bike

DRINKING WATER



TA1

TA + Paddle Bag



PURIFY WATER ONLY



Leg 2

3 Hour Trek

# COURSE DETAILS

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## **Race**

You will start the race with a 5k Trek from the Lost Paddle to the Boat Launch, then descend into the historic gorge. You will only need your mandatory paddle gear and a compass. (All other gear will be transported in your paddle bag drop and packs to the paddle end bag drop, including: Race Packs, GPS, Maps, Rules, epunch, etc.)

When you arrive at the boat launch, you will be organized into groups of 8 on a first-come, first-served basis. Your team may be divided across two adjacent boats; this is OK! You will regroup at the boat pull-out. You will not need to punch controls on the paddle, just enjoy the world-class rapids and professionally guided adrenaline ride!

At the end of the paddle at TA1, you will receive your bag drops, which the race organization transported. When you depart TA1, we will transport your paddle drop bags back to ACE (you can leave your wet clothes in your bag, etc.).

From here, all mandatory gear is required. You will trek out of the gorge and to your bikes. You may stage equipment at your bike drop in the morning; however, ALL ITEMS must be taken with you from the bike drop. The race organization will not transport items back to ACE. Arrowhead Bike Farm has hot food available for purchase from their grill, beers from the bar, and even a full bike shop for any missing items or last-minute repairs. Bring some money in case.

From there, you will find a series of checkpoints along the route (a short road section, lots of single track, and mostly double track heading back to ACE Resort). The majority of the bike is flat, with small rolling hills, and downhill until the final climb. Expect a significant climb at the end.

From the ACE, you will have a final trek across the ACE Property. You will have access to your vehicles for transition and can stage equipment there. You will find hidden waterfalls, old mine entrances, cliff bands, and other great features! Expect off-trail travel on this section. Finish at the Lost Paddle Bar and Grill for a party!

## **Post Race**

At the finish line, you will have a burrito buffet awaiting! The bar will also be open for those who would like to purchase adult beverages. Awards will commence 15 minutes after the race ends. There are also showers within walking distance and a hose for washing your bike in the parking lot.

# COURSE SUMMARY

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## Friday

### Rappel Clinic

This free rappel clinic is taught by climbing instructor Ben Waggoner. The clinic starts at 4:30 pm at the Lost Arrow Bar and Grill. From here, you will drive with the group to a cliff face area for professional instruction, hands-on learning, and multiple rappels on real cliffs! Learn, practice, rappel, hike to the top, and do it again! 50' rappels; perfect for all abilities! Ben is a quality instructor who has personally taught me while climbing multi-pitch in the New Mexico desert. We recommend bringing your own climbing harness, ATC, and helmet (or bike helmet). If you do not own the gear, we will have some to borrow (although you may need to share).

### Early Packet Pick-Up

We will have an optional early packet pick-up on Friday from 7:00 pm-8:00 pm at the Lost Paddle Bar and Grill at ACE Resort. Packet collection is also available race morning (see below). This is also the race start and finish line. You can also choose to receive your packet on race morning. The packet includes your maps, race rules, bibs, t-shirts, and epunches. Those in the rappel clinic, we will hold your packets until you return. ***The lost Paddle Bar & Grill has awesome food! My favorite is their grape and gorgonzola brick oven pizza!***

### AR Clinic - Beginner / Intermediate

Our clinic will start at 7:00 pm at The Lost Paddle Bar & Grill. Taught by AR Pro Jesse Tubb, this will teach you everything you need to know (and more!) to go crush the event with confidence the next day! Even for those who have raced for years, Jesse's 20 years of racing experience at elite levels provide ample learning for everyone.

## Saturday

### Race Morning & Bike Drop

On race morning, we will have a mandatory bike drop at Arrowhead Bike Farm. To save time on race morning, we will have a back gate from ACE resort open for you to use, which routes you through the town of Gatewood [Google Maps Route](#). Plan Accordingly. The bike drop opens at 6:00 am with our staff present to receive bikes.

- **Bike Drop** - 6:00am @ Arrowhead Bike Farm. [Google Maps](#).
- **Packet Pick-Up** - 6:30am @ Lost Paddle Bar and Grill.
- **Pre-Race Brief** - 7:30am @ Lost Paddle Bar and Grill.
- **Race Start** - 8:00am @ Lost Paddle Bar and Grill



Photo Credit: ACE Adventure Resort

# Free Rappel Clinic

**Multiple Rappels on Real Cliffs**

**Friday May 15<sup>th</sup> @ 4:30PM**

**Meet at the Lost Paddle Bar & Grill**

Professional Instruction  
AMGA Rock Guide Ben Waggoner

**Class will depart by 4:40 PM (10 min drive)**

**Return by Early Packet Pick-Up & AR Clinic!**

**Free for Racers & Volunteers**





# AR Clinic

Beginner - Intermediate

Friday 7:00 pm at the Lost Paddle and Grill

All GRIT Adventure Races offer a beginner to intermediate clinic on race weekends. This additional event is a fantastic way to learn and enhance your AR experience. The clinic is 2 hours the evening before the race, with a 1-hour race review afterward (or a virtual later in the week for races that end in the evening).

This is taught by pro-racer Jesse Tubb, who has traveled across the world competing at high levels. He is an excellent teacher and can make even a new racer feel much more confident stepping out onto the course on race morning after the first two hours of teaching the night before the event. Cost of ~ \$40 per person for 3 hours of coaching. You can sign up when registering or by email [jessetubb@gmail.com](mailto:jessetubb@gmail.com).



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# MANDATORY GEAR



## Individual Gear

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### ALL TIMES

- Whistle
- Pack
- Water Source (1L Minimum)
- Appropriate Clothing for Weather
- Rain Jacket & Pants
- Cold Weather Hat / Beanie
- Base Layer, Synthetic or Wool
- Food & Electrolytes
- Headlamp w/ Extra Batteries

### MOUNTAIN BIKE

- Mountain Bike (Front or Full Suspension)
- Bike Helmet
- Front White Bike Light (or Headlamp)
- Red Rear Bike Light, Blinkie

#### Recommended

- Chamois Cream Lube
- Bike Bottles; Liquid Nutrition

### PADDLE

- PFD, Helmet, and Paddle are provided by the Race Organization
- Small Dry Bag with a buckle clip or locking carabiner
- Water & Snacks (in Dry Bag)
- Appropriate Footwear (No Flip Flops or Sandals)
- Compass (1 x Team)

#### Paddle Notes

The race starts with a 5k trek to a paddle launch. You only need the paddle mandatory gear. All other mandatory gear for Leg 2 Trek: your team will pack in a drop bag which the race organization will transport to the paddle end. We recommend extra clothes, dry shoes, your backpacks, etc. packed in this bag. Your maps, rules, and epunch will be transported in the drop bag. You will receive your GPS Tracker from the Race Organization after the paddle with your drop bag.

# MANDATORY GEAR



## Team Gear

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### ALL TIMES (Except Paddle)

- Cell Phone
  - Fully Charged for Emergencies; No GPS Navigation
- Pen or Marker
- First Aid Kit: Anti-Diuretic, Anti-Acid, Bandage Wrap, Gauze, Antibiotic Ointment, Acetaminophen, NSAID, Medical Tape, Blister Care Supplies, Medical Gloves
- Water Purification Method
- Fire Starting Method
- 1 x Survival Space Blanket; ex: SOL Emergency Blanket
- Magnetic Compass
- GPS Tracker, Maps, Race Rules (Provided to you by the Race Organization)

### Recommended

- Foot Lube for Blisters
- Map Case or Ziplock

### MOUNTAIN BIKE

- Bike Pump
- Bike Repair Kit
  - Spare Tube, Bike Tool, Chain Repair Link, Tire Leve Tire Patch
  - You want to be able to repair a flat, fix a broken chain, or tighten a loose bolt, adjust a derailleur. If you run into trouble on the course, often other racers will assist if you ask! We're a super nice community that loves the sport.
  - If the race organization assists, you may incur a minor penalty. Sometimes it's best to incur a slight penalty to stay on the course, having fun!

### PADDLE BAG DROP

- 1 x Bag or Bin for Your Paddle Bag Drop. Store your packs and mandatory equipment. Change of clothes.. Be respectful of our staff for the weight limit.



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Photo Credit: Backwoods Orienteering, NC

# Electronic Scoring

Also known as “epunching”, this is a professional-grade system for scoring adventure races. Racers will receive a “thumbstick” with their race packet. When a team reaches a checkpoint, they will stick their thumbstick into the blue control box until they hear an audible “beep”. The box then inputs the exact time you reached the CP into your thumbstick. When you cross the finish line, you will download your thumbstick to the race HQ computer, and we will provide you with a receipt printout of all controls you visited, times you visited each, and points earned. You will return your epunch to the race organization at download. This system ensures professional and 100% accurate scoring.

# GPS Live Tracking

**RACE IOT** is providing live GPS tracking for the event. Each team will receive a GPS tracking device on race morning. The Race Organization will ensure they are on, but double-check that you see blinking blue and green lights when you receive the tracker. The tracking device must be stored high on your pack so it can receive GPS and Cellular Signal. These devices receive their location from satellites, store the data internally, and then upload when a cell signal is available. If you pass through areas with no cell coverage, the devices will be delayed in updating your information. The Tracking Site will also show live scores however, these are not official as there are limitations with signal accuracy. Official scoring is through electronic scoring.

LIVE TRACKING WEBPAGE LINK  
WILL BE SHARED THURSDAY BEFORE THE RACE

The screenshot shows the RACE IOT live tracking webpage. At the top left is the RACE IOT logo. To its right are navigation links: Account, Tools, and Participants List. Below the logo is a search bar labeled "Search Participant" and a "Sort" button. A "Roster" section is visible on the left, with an "Auto Pan" toggle. The roster lists eight ranks, each with a right-pointing arrow: Rank 1 - Full Spectrum Racing / GRIT, Rank 2 - WildStyle/GRIT Adventure Racing, Rank 3 - Will Race For Pi, Rank 4 - James River AR, Rank 5 - Find A Flag Or Make One, Rank 6 - Justin Nunez, Rank 7 - Rocktown Racing, and Rank 8 - Lone PAWS. The main area of the page is a map showing a blue race route with numerous blue location pins indicating the positions of participants. The map background is green with topographic contour lines and a blue river.

# Race Rules

## Overview

Collect as many points as possible and cross the finish line before time expires! The team with the most points wins! A tie is awarded to the team that crossed the finish line first. You must follow the *Rules of Travel* provided at packet pick-up to complete the course, using your maps and your abilities to navigate the course. Each AR course is unique; reading the (ROT) Rules of Travel for every race is very important. Details enclosed in a course's ROT include the order of disciplines you must complete the race, the value of points for every CP (checkpoint), which CPs are mandatory vs. optional, out of bounds area, clues for each CP, and so much more!

## Rules

1. All racers are expected to be examples of good sportsmanship. Racers must treat fellow racers & race staff with courtesy and respect.
2. No GPS navigation is permitted.
3. Racers may use cell phones only for pictures and videos.
4. Teams must assist fellow teams in need of medical attention; a time credit will be given for teams who assist with a medical or emergency situation.
5. Maps, Passports, GPS Trackers, & Rules of Travel/Instructions must be carried the entire race.
6. Teams must electronically punch each CP until they hear an audible "beep".
7. Lost GPS Trackers will be replaced at a cost of \$219.
8. Lost e-punches (Finger Stick) will be replaced at a cost of \$84.66.
9. Travel out of bounds is prohibited. Red Polygons are out of bounds.
10. Trails, roads, or waterways marked with a red "X" are off-limits. Do not travel on or cross them.
11. Mandatory Gear must be carried at all times unless specified by the Race Director or in your Leg Instructions.
12. Teams must return to the finish line by the time cut-off. Racers who punch the finish line after the finish time, will lose 1 point, and then lose an additional point for each minute thereafter. Ex. A racer that arrives at 7:05:30 sec will be penalized 6 points for a 7:00 pm cutoff.
13. Race Directors have the right to award penalties in the form of time penalties and/or point reductions. These are handled on a case-by-case basis and are designed to reflect the severity of the infraction. Rarely are two cases ever the same; penalties will be awarded to ensure fairness for all participants on the course.
14. Final rankings will be as follows:
  - a. Teams will first be ranked by the number of points acquired. (CPs are worth different point values.)
  - b. Teams will then be ranked by fastest time.
  - c. If two teams have the same exact CPs and Time, a 3-trial game of Rock-Paper-Scissors-Shoot under the finish arch will determine ranking.
15. NO LITTERING! Leave no trace behind!!
16. Be Courteous to our Volunteers! They are wonderful and we cannot do this without them. Any frustrations should be directed to the race directors.
17. Be Courteous to the State Park Staff and the general public!



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# Lodging

**ACE Resort** has a variety of lodging on site.

- Small Cabins (Hot Tub and Non-Hot Tub Options)
- Large Cabins
- RV Sites
- Camping Sites (Hot Showers and Restrooms on Site)
- Visit [ACE Adventure Resort's Lodging Finder](#)

**Fayetteville, WV** is approximately 20 minutes away and also hosts a variety of hotels and airbnb options.

# Food & Dining

**The Lost Paddle Bar & Grill** is on ACE Resort and our Race HQ. The Lost Paddle Bar & Grill offers a full menu on-site, making it a great place to grab dinner, review maps, and connect with other racers before race day. The restaurant offers a great menu with many options at reasonable prices. Wood fire specialty pizzas such as Grape & Gorgonzola, Brisket Sandwiches, and much more. Friday from 7:00-9:00pm the Lost Paddle has an all you can eat specialty pizza special. This is our location for early packet pick-up, so grab table, order pizzas, and plan your route! The restaurant is also open for breakfast on Sunday morning.

- [Lost Paddle Bar & Grill](#)

**Fayetteville, WV** is approximately 20 minutes away and also hosts a variety of restaurants and cafes. These are two of our favorites.

- [Secret Sandwich Society](#)
- [The Cathedral Cafe](#)





# GRIT ADVENTURE RACING

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# Sponsors & Partners



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**ADVENTURE**  
**RACING**

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## ACE Adventure Resort

*ACE Adventure Resort is proud to support GRIT Adventure Racing and the athletes, teams, and families who make the adventure racing community so strong. Located in the heart of West Virginia's New River Gorge region, ACE is a premier basecamp for outdoor adventure, offering whitewater rafting, guided adventures, lodging, dining, group experiences, and a 5-acre waterpark. From the New River to the Gauley and beyond, ACE helps people experience the same spirit of challenge, teamwork, and exploration that defines adventure racing. Whether you are racing, spectating, or planning your next outdoor getaway, ACE Adventure Resort is built for those who want to get outside, push limits, and make the most of the mountains.*



# **DASH**

## **ADVENTURES**

Climbing Mountains  
–& Making Friends–

DASH Adventures, founded in 2023 by Colonel Dave Ashley, a retired US Air Force officer, is a small business that takes pride in its veteran ownership. DASH Adventures exclusively partners with guide companies that are locally owned and operated in the countries where we embark on our treks and climbs. Our unique business approach involves working as unpaid staff members and setting prices that solely cover our expenses. Dave is an Adventure Racer and World Record Kidney Donor.

[\*\*Dash Adventures Facebook\*\*](#)





# Ben Waggoner

## Climbing Guide

*Ben Waggoner brings more than three decades of climbing experience and a professional guiding background built across some of the most respected climbing areas in the country. An AMGA Certified Single Pitch Instructor and Rock Guide Apprentice, Ben has guided and climbed across bouldering, sport, traditional, multipitch, rappelling, anchor systems, and ice climbing environments. His experience includes destinations such as Hueco Tanks, Yosemite, Joshua Tree, the Tetons, Red Rocks, Eldorado Canyon, Red River Gorge, Seneca Rocks, and the New River Gorge. With a steady teaching style, deep technical knowledge, and a strong commitment to responsible climbing stewardship, Ben brings an exceptional level of expertise and professionalism to GRIT Adventure Racing.*

**Contact Ben to start planning your next climbing adventure!**

[ben@ohioclimberscoalition.org](mailto:ben@ohioclimberscoalition.org)


# OVERNIGHT GRIT YOUTH CAMP!!!



## Join us for a Life-Changing ADVENTURE RACING CAMP

Sleep-away camp \$1200

July 12-17 2026

- 
- Navigation
  - Mountain biking
  - Canoeing
  - Team challenges

- GRIT
- Resilience
- Independence
- Tenacity

Location:  
Massanutten Resort

Register here

Information : 301-325-6466



# THE ADVENTURE RACE



## TRAINING PODCAST

**ART:**

### **The Adventure Race Training Podcast**

Ready to level up your adventure racing? The Adventure Racing Training Podcast is your essential resource for the sport. We go beyond the basics, diving into race strategies, training methods, and the mindset required to navigate the toughest courses with engaging conversations with experts from multiple fields.

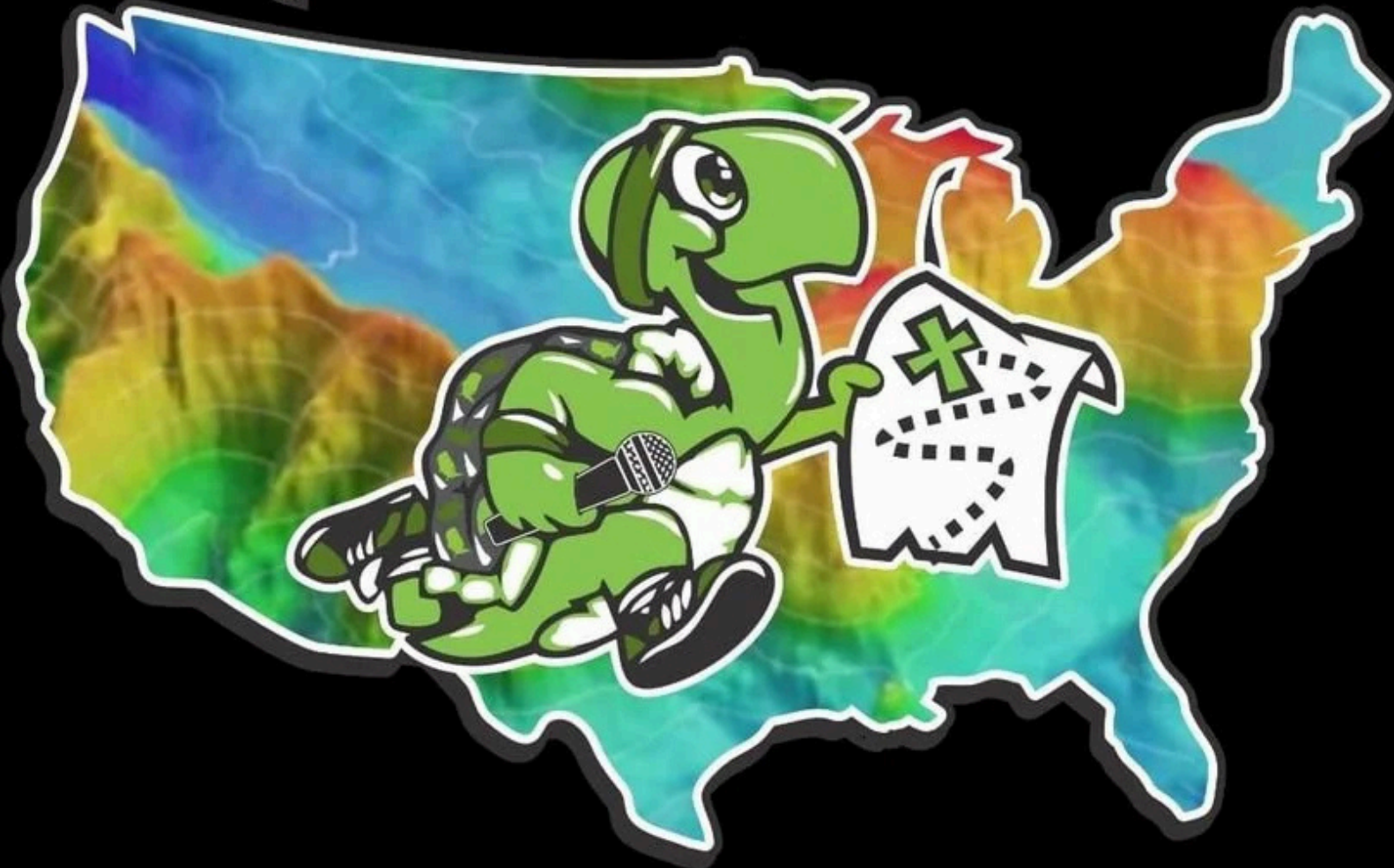
Join professional coaches Nick Hurff and Jason Magness, who have both coached athletes from beginners to World Record-holding professionals. Join us! Gain insights to better perform for your next adventure and deep-dive into the science and implementation of adventure race training.

# ARDOTWATCH

*AR Dotwatch, led by Doug Silk, is proud to support GRIT Adventure Racing and the athletes who bring adventure racing to life. Through live tracking, race coverage, and storytelling, AR Dotwatch helps fans, families, and racers follow the strategy, teamwork, and grit that define the sport. From local events to expedition-length races, AR Dotwatch is committed to growing the adventure racing community by making the race experience more visible, accessible, and exciting for everyone watching from home.*

**[Follow ARDOTWATCH here!](#)**

# ARDotWatch

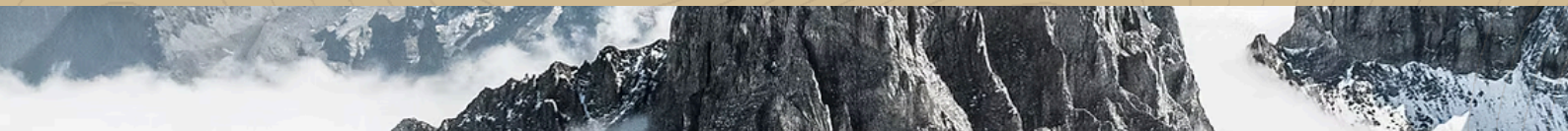


# Jesse Tubb Coaching

## About my work

I design and lead experiential programs that help individuals and teams build resilience from the inside out. Through GRIT Adventures, I blend adventure-based learning, mindfulness, and mental fitness to create workshops, team-building experiences, and coaching that develop self-awareness, communication, and the ability to respond, not react, under pressure. My work uses real-world challenges as the classroom, guiding athletes, leaders, and organizations to translate resilience from high-intensity experiences into everyday life, leadership, and performance.

I bring this work into diverse environments, including veteran organizations, sports teams, schools and universities, and corporate teams, tailoring each experience to the unique demands of the group. Whether supporting veterans navigating transition, helping athletes perform under pressure, equipping educators and students with emotional resilience, or strengthening team culture in organizations, my focus remains the same: build stronger individuals who can think clearly, connect authentically, and lead with intention when it matters most.



**GENERATING RESILIENCE  
INDEPENDENCE AND TENACITY**

## Workshops and adventure-based team-building

### Email:

[jessetubb@gmail.com](mailto:jessetubb@gmail.com)

### Websites:

<https://www.grit-adventures.com/>

<https://www.jessetubb.com/>



## Adventure Race & Endurance Coaching

- ◆ Endurance
- ◆ Nutrition
- ◆ Strength
- ◆ Sport Psychology
- ◆ Race Strategy

- Smarter - Faster - Stronger -



## Nick Hurff MS, CSCS

### Adventure Race and Endurance Coaching

Performance-driven endurance training built for the demands of adventure racing. Backed by experience as a top-level adventure racer, former U.S. Army Ranger, and an M.S. in Exercise Science, Nick combines applied sport science with real-world execution in high-consequence environments.

As an active adventure racer with national and international competition experience, he understands the full spectrum of race demands—from navigation and fueling to teamwork and decision-making under fatigue. His coaching has supported athletes performing at world-record levels, with a focus on building durable fitness, resilience, and precision when it matters most.

[nickhurffcoaching.com](http://nickhurffcoaching.com)



# GRIT ADVENTURE RACING

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**Welcome to AR**



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## What is AR?

Adventure Racing (AR) is a multi-discipline navigation-based team endurance sport. Teams traverse distinct landscapes using map and compass, selecting their own routes to collect checkpoints as they race towards the finish line. AR scales from family friendly four hour races to elite-level expedition races running 4-11 days continuously across remote and often mountainous landscapes.

### CORE DISCIPLINES

Mountain Bike | Paddle | Trek

### EXAMPLE MINOR DISCIPLINES

Rapelling | Climbing | Canyoneering | Glacier Traverse

# Adventure Race Spectrum

## Sprint Adventure Races

- 3 - 7 Hours
- Ages 3+ Recommended
- Family Friendly Races where families have fun while experienced racers sprint to clear the course and win! Fun, fast, and welcoming for all abilities! Any minor disciplines do not require any prior experience and easily completed.

## Half-Day Adventure Races

- 8 - 12 Hours
- Ages 10+ Recommended
- The majority of adventure races fall into this category. Slightly more technical than sprint races, expect more challenging navigation, and more difficult terrain.

## Full Day Adventure Races

- 15-36 Hours
- Ages 15+ Recommended
- Moderate races often crossing more technical terrain. May have speciality disciplines. Often logistical plans are integrated with resupply on the course preplanned by racers and transported by race staff.

## Multi-Day Adventure Races

- 2- 3 Days
- Ages 15+
- Often technical and crossing vast landscapes. These are mini-expedition races. Often having technical features such as ropes, whitewater rafting, rappelling, or other speciality disciplines intermixed. Logistical resupply is required with logistical plans being created prior to the race and communicated by the race organization.

## Expedition Adventure Races

- 4.5 - 8+ Days, 500+ KM
- Ages 18+
- Extremely technical and remote races. Advanced racers are expected to manage their own risks and provide self-care in emergencies for sustained periods of time. Often self-supported; no assistance from the race organization except for gear transportation. Expect advanced disciplines ( whitewater, ropes, etc). Very remote & technical terrain, advanced navigation, tough travel, and high consequential environments. Often teams of 4+ are required for safety.
- Ex: Alpine mountains, isolated rivers, Amazon Rainforest, etc.

# The United States Adventure Racing Association

USARA is generally recognized as the governing body for adventure racing in the United States. USARA supports racers and race directors across the country and annually host the U.S. Adventure Racing National Championship. USARA sanctions select races across the U.S. ensuring quality and safety protocols are met. All GRIT Races are USARA Sanctioned.

The logo for the United States Adventure Racing Association (USARA) features the letters 'USARA' in a stylized, outlined font. The 'US' is blue and the 'ARA' is red. The letters are composed of multiple parallel lines, giving them a 3D, tunnel-like appearance.

— UNITED STATES —  
ADVENTURE RACING ASSOCIATION

## The Adventure Racing World Series

ARWS is the largest international adventure racing organization in the world. ARWS annually hosts The Adventure Racing World Championship, featuring 200+ racers representing 30+ countries. Leading to the world championship is the robust AR World Series consisting of many expedition length races across the globe. These are typically 5-7 days in length and cover 300-500+ miles.

ARWS racing in North America ranges from expedition-length ARWS World Qualifiers through many shorter regional series races lasting 5-50 hours.

The logo for the Adventure Racing World Series (ARWS) features the letters 'AR' in a large, bold, white font. A yellow diagonal stripe runs through the 'A'. Below 'AR' is the word 'WORLD SERIES' in a smaller, bold, white font.

# Additional Resources

## [New to AR?](#)

*A beginner's guide to AR by the United States Adventure Racing Association (USARA).*

## [Surviving Your First Adventure Race \(AR\)](#)

*by Racer Heather Hart*

## [The Adventure Race Training Podcast](#)

*Two Premier Endurance/AR Coaches, Jason Magness and Nick Hurff expore training techniques and topics related to all things Adventure Racing.*

## [Team ThisAbility AR Youtube Channel](#)

*Adventure racers Chip and Andrea share their races and experiences in videos of their races around the world. Experience the races with them first-hand through Go-Pro Footage VIdeos and then listen to their post-rtace recap interviews. They show that you do not have to be an elite athlete to enjoy all-levels of this beautiful sport! See there videos on youtube!*

## [Dark Zone and Adventure Race Training Podcast](#)

*Experienced Racer, Brian Gatens, interviews racers from around the world on their relationship with AR. A phenomenal glimpse into the community and people involved in the sport from first-time racers to world champions, race directors, and more! and more!*